

Suggested Diet for Nickel Sensitive Individuals with Allergic Dermatitis

Prohibited foods: Canned foods, foods cooked in nickel-plated utensils, herring, oysters, asparagus, beans, mushrooms, onions, corn (maize), spinach, tomatoes, peas, whole grain flour, fresh and cooked pears, rhubarb, tea, cocoa and chocolate, baking powder

Permitted foods: All meats, fish (except herring), poultry, eggs, milk, yogurt, butter, margarine, cheese, one medium-sized potato per day, small amounts of the following: cauliflower, cabbage, carrots, cucumber, lettuce, polished rice, flour (except whole grain), fresh fruits (except pears), marmalade/jam, coffee, wine, beer

Cook in aluminum or stainless steel utensils (other utensils may leach nickel)

River Clinic